

Top 7 Yoga Retreats by Country

Sara Williams February 16, 2016



There are different styles of Yoga practiced around the world. All styles have the same ultimate goal, unification of mind and body.

([Newswire.net](#) -- February 16, 2016) -- There are many different styles of yoga which address physical and mental attitudes. Iyengar is a purist form good for all ages and abilities from beginner to advanced. Ashtanga is fast,

strenuous and flowing, each pose linked by your breathing. Bikram is done in a sauna-like room at 105 degrees or so. It's a series of 26 basic postures. Hatha is one of the six original yoga types which is a basic and classical approach. Hatha style is the yoga most practiced in the western hemisphere. Jivamukti incorporates physical and spiritual practices with chanting and limit pushing practices. Kundalini is meant to help release the kundalini energy and incorporate it into your body and mind. Restorative is meant to help with deep relaxation and psychic cleansing.



Yoga retreats have become more and more popular and are available now on a worldwide basis. These are the top seven but there are many more. Some countries have more than others, but they are available everywhere.

- India - One of the best reviewed Yoga retreats in India [Banyan Tree Yoga](#) is very eco friendly. There are morning and evening yoga classes by very qualified teachers and beautiful individual huts in a peaceful and quiet setting. Delicious food, great service, calm and laidback, you can't beat it.
- U.S.A. - An excellent choice for the U.S. is [Shoshoni Yoga Retreat](#) in Colorado. A highly rated yogi teacher training school, retreat and residential ashram, it's located in the Rockies near Boulder. Hatha style yoga with meditation and wonderful vegetarian meals.
- Costa Rica - This is the most beautiful location! [Waterfall Villas Costa Rica Yoga Retreat](#) is wonderful for weddings, honeymoons, nature adventures and much more. Private waterfalls in a rain forest with villas and suites. It has a spa, adventure tours and waterfall weddings. Feng Sui, meditation, spiritual journeys and rain forest adventures are all available.
- Spain - Up in the hills [Rustic Retreats Yoga](#) is an off grid, eco retreat that also offers training on sustainable living. Great food, lemon trees, a pool and the rooms are all tents!
- Greece - [Yoga Rocks](#) is located on a cliff overlooking the sea in Crete, and has internationally known yoga teachers. Fabulous food, wonderful views, peaceful and quiet with mountains and olive trees.
- France - [La Roane Yoga](#) and Creativity center not only offers yoga but French cooking classes! In the SW corner of France, a peaceful sanctuary with very well reviewed yoga classes.
- Ecuador - In the cloud forest of the Andes, [Casa Verde](#) is a amazing yoga retreat that offers Ashtanga yoga, hiking, raw food and lifestyle retreats. Perfect for cleansing the soul, body and mind.



These are some of the best yoga retreats in the world and are reasonably priced. Use the links to look over what amenities they offer. Most of these locations stay relatively full all the time and you may have to make reservations up to a year in advance.

Source: <http://newswire.net/newsroom/blog-post/00091867-top-7-yoga-retreats-by-country.html>